

# Summary Report

GPSports Analysis

www.gpsports.com



## Overall Summary

	Details	Analysis Zone
Athlete	nelo hockey	Jogging & Running
Session	2007/04/14-1	

	Minimum	Maximum	Average
Speed	0.0 km/h	25.0 km/h	3.6 km/h
Heart Rate	0 bpm	206 bpm	183 bpm
Altitude			
Cadence/Rating			

	Time
Start	14/04/2007 14:18:26
End	14/04/2007 16:00:26
Interval	01:42:00

	Distance
Total	6065.7 m

### Comments

Practice game 2 x 35 min halves  
3 combined sessions:  
1 - walk around field to get positional data for map  
2 - 1st half 3 - 2nd half

### Track Position

Full back

### Track Condition

synthetic sand filled turf

### Weather

sunny and warm

### Temperature

28.0

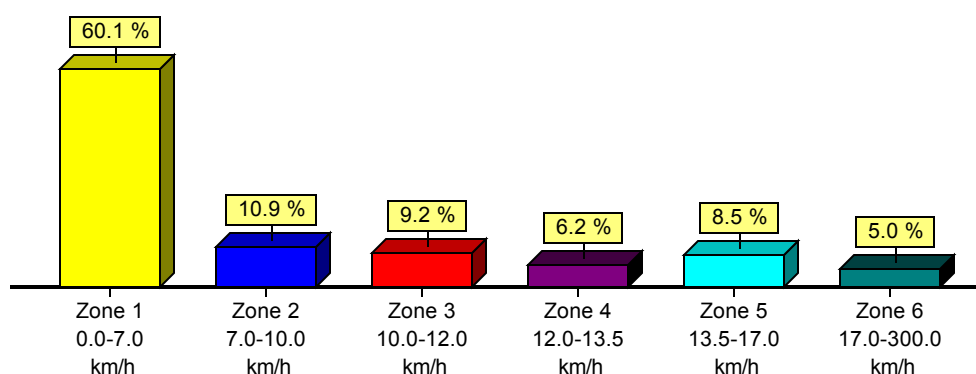
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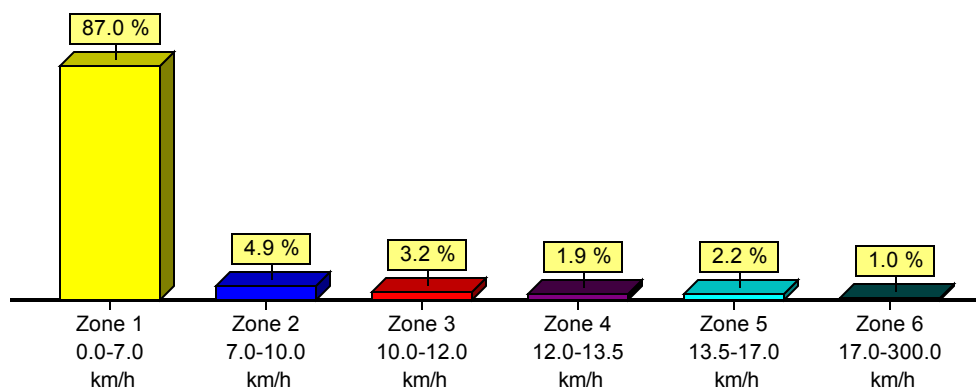
## % of Distance within Zone



## Distance Within Speed Zone

Zone	Lower	Upper	Distance	% Distance	Entries
1	0.0 km/h	7.0 km/h	3645.9 m	60.1 %	156
2	7.0 km/h	10.0 km/h	662.3 m	10.9 %	197
3	10.0 km/h	12.0 km/h	557.6 m	9.2 %	131
4	12.0 km/h	13.5 km/h	377.9 m	6.2 %	79
5	13.5 km/h	17.0 km/h	518.5 m	8.5 %	83
6	17.0 km/h	300.0 km/h	303.4 m	5.0 %	28

## % of Time within Zone



## Time within Speed Zone

Zone	Lower	Upper	Time	% Time	Exertion	Entries
1	0.0 km/h	7.0 km/h	01:28:42	87.0 %	5322.0	156
2	7.0 km/h	10.0 km/h	00:04:57	4.9 %	594.0	197
3	10.0 km/h	12.0 km/h	00:03:13	3.2 %	579.0	131
4	12.0 km/h	13.5 km/h	00:01:54	1.9 %	456.0	79
5	13.5 km/h	17.0 km/h	00:02:14	2.2 %	670.0	83
6	17.0 km/h	300.0 km/h	00:01:00	1.0 %	360.0	28

**Total Exertion** 7981.0

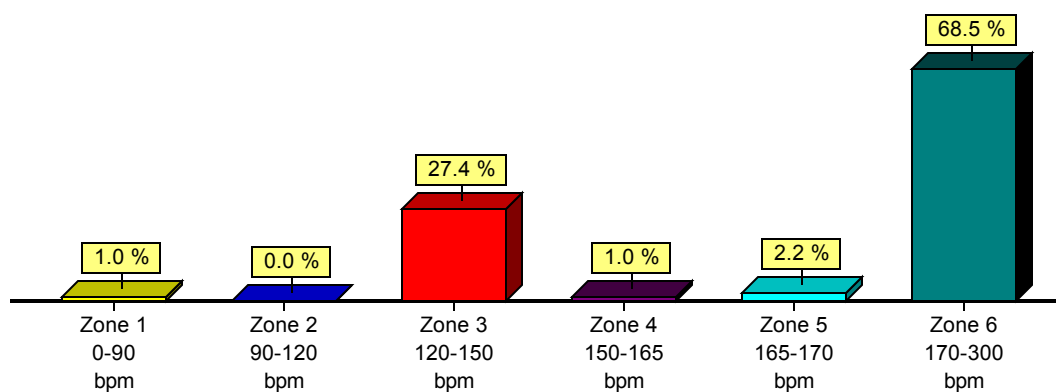
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## % of Heart Rate within Zone

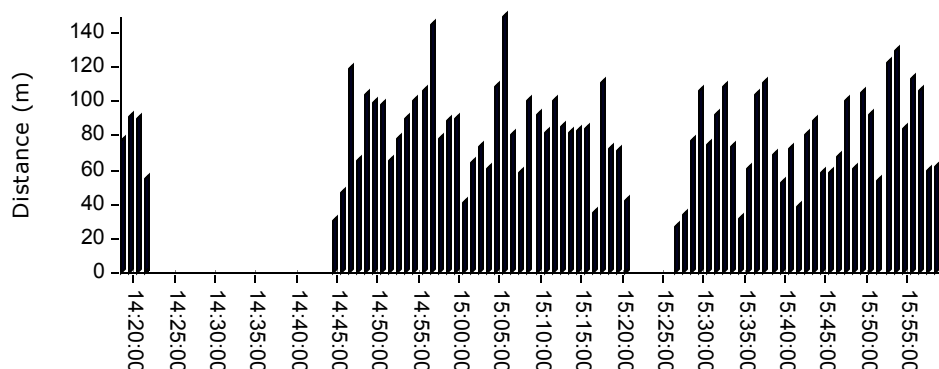


## Time within Heart Rate Zone

Zone	Lower	Upper	Time	Percentage	Exertion	Entries
1	0 bpm	90 bpm	00:00:59	1.0 %	59.0	2
2	90 bpm	120 bpm	00:00:00	0.0 %	0.0	0
3	120 bpm	150 bpm	00:27:54	27.4 %	5022.0	5
4	150 bpm	165 bpm	00:01:00	1.0 %	240.0	7
5	165 bpm	170 bpm	00:02:12	2.2 %	660.0	10
6	170 bpm	300 bpm	01:09:55	68.5 %	25170.0	8

**Total Exertion** 31151.0

## Distance-Time Splits



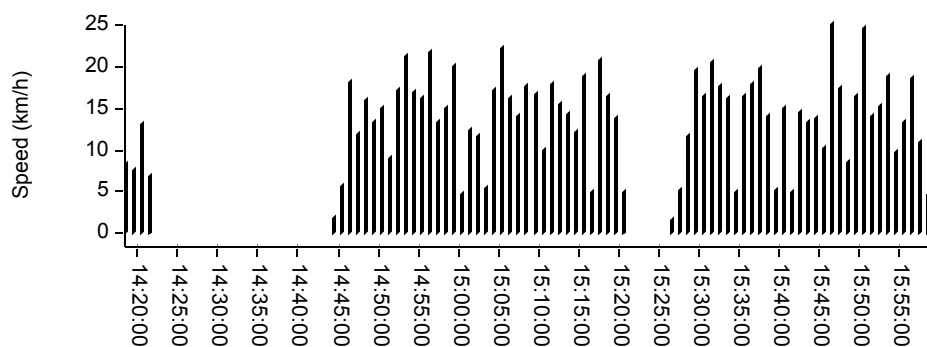
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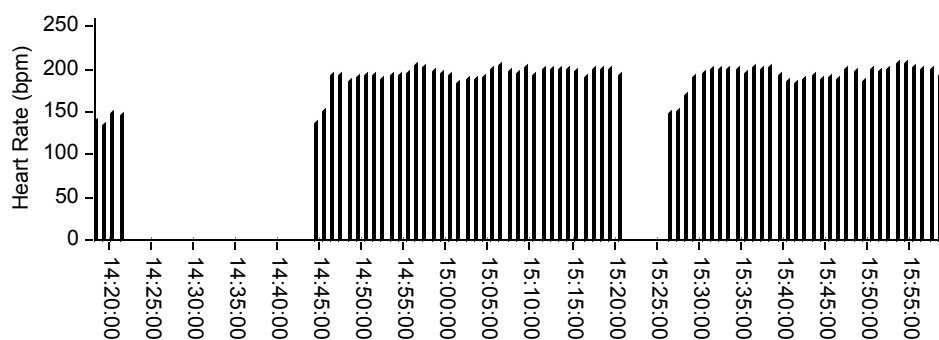
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## Speed-Time Splits



## Heart Rate-Time Splits



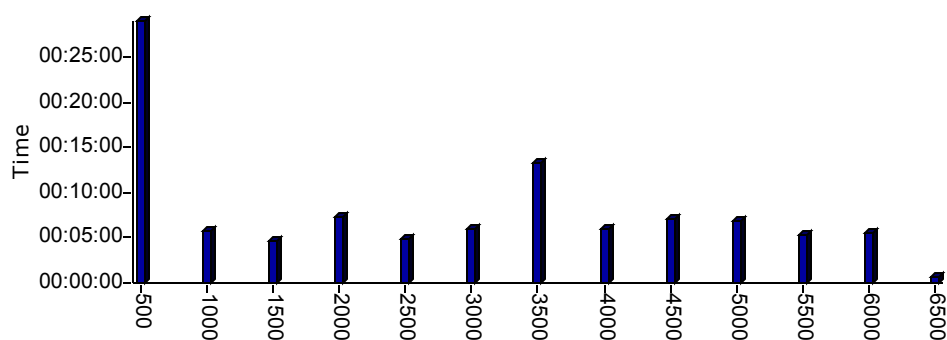
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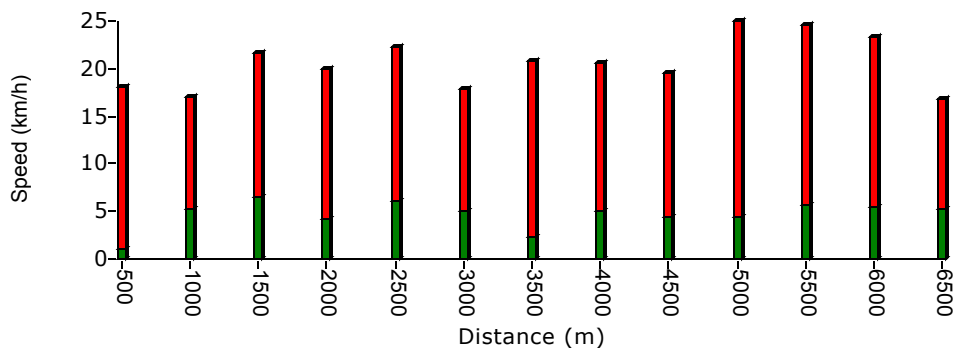
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## Time-Distance Splits



## Speed-Distance Splits



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## Heart Rate-Distance Splits

